



## LESSON 4

### SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING SEAFOOD

#### OVERVIEW

#### APPROXIMATE TIME TO TEACH

1 ½ hours (39 slides)  
Depending on the activities you choose to do, the lesson may take longer.

#### MATERIALS NEEDED

Seafood storage guide handout.

For the freezing fish demonstration, you will need freezer wrap or freezer containers.

If filleting a trout or other fish, you will need a boning knife and cutting board. A fillet board is convenient if you have access to one. You could then use the trout you fillet for fish tacos.

Ingredients and directions for the recipes you plan to demonstrate.

Ingredients and directions for the Fish Tacos and Mango Salsa.

#### GOALS

Participants will learn how to select, buy, handle, store, and cook seafood.

#### OBJECTIVES

Participants will increase their knowledge of the following:

- How to select seafood products;
- How much seafood to buy;
- How to store seafood properly; and
- How to cook seafood items.

#### ACTIVITIES

Purchase several samples of fresh or frozen seafood from a local supermarket. Inspect the seafood products for freshness. Evaluate the quality of the seafood product.

Cook the seafood product for sampling, using the Fish Tacos and Mango Salsa recipes. (See activity: Making Fish Tacos and Mango Salsa)

Demonstrate how to properly wrap fish for freezing. (See activity: Freezing and Wrapping Seafood)

Make Foiled Fish in a Flash (See activity: Making Foiled Fish in a Flash).

OPTIONAL ACTIVITIES

Share copies of the seafood storage guide handout.

Share copies of the Eat Seafood Twice a Week – 10 tips

Share copies of “Seafood Safety: What Consumers Need to Know.”

Download brochure:

[http://www.deseagrant.org/sites/default/files/product-docs/seafood\\_safety\\_brochure.pdf](http://www.deseagrant.org/sites/default/files/product-docs/seafood_safety_brochure.pdf)

Tour a grocery store and check out the seafood counter.

(See activity: How to Evaluate a Seafood Counter.) Record your results.

Watch the newspapers for the seafood specials in season.

Show how to fillet a fish. Instructions are included.

(See activity: Butterfly Filleting: Trout)

Show proper knives and forks to use when boning or cleaning your seafood.

EVALUATION  
TOOLS

Pretest: Participants will complete the pretest before beginning lesson 4. A posttest will be given at the end of lesson 4. Changes in knowledge will be measured by comparing the results. Number the exams (pre- and posttest) so that the results can be matched.

LESSON REFERENCES  
AND FURTHER  
INFORMATION

Food and Drug Administration. Fresh and Frozen Seafood, January 2012.

<http://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM239497.pdf>

Gall, K. 1992. Seafood Savvy: A Consumer’s Guide to Seafood Nutrition Safety, Handling and Preparation. Information Bulletin 104IB226 Cornell Cooperative Extension.

Healthy Eating Club. [www.healthyeatingclub.org](http://www.healthyeatingclub.org)

Hicks, D. and D. Kramer. 1999. Seafood Safety: What Consumers Need to Know. University of Delaware Sea Grant College Program.

[http://www.deseagrant.org/sites/default/files/product-docs/seafood\\_safety\\_brochure.pdf](http://www.deseagrant.org/sites/default/files/product-docs/seafood_safety_brochure.pdf)

Kiser, R., Semmens, K., Kenney, B. 2004. Trout Processing. Extension Service, West Virginia University. [www.wvu.edu/~agexten/aquaculture/troutproc.pdf](http://www.wvu.edu/~agexten/aquaculture/troutproc.pdf)

National Fisheries Institute, 7918 Jones Branch Drive, Suite 700, McLean, VA 22102. <http://www.aboutseafood.com>

Ohio Department of Natural Resources, Division of Wildlife, Filleting Fish, <http://dnr.state.oh.us/Home/fishing/filletfish/filletfish/tabid/6118/Default.aspx>

Seafood Choices, Institute of Medicine of the National Academies, 2007.